

# Overview of Healthy People 2010

## Healthy People 2010: 28 Focus Areas

1. Access to Quality Health Services
2. Arthritis, Osteoporosis, and Chronic Back Conditions
3. Cancer
4. Chronic Kidney Disease
5. Diabetes
6. Disability and Secondary Conditions
7. Educational and Community-Based Programs
8. Environmental Health
9. Family Planning
10. Food Safety
11. Health Communication
12. Heart Disease and Stroke
13. HIV
14. Immunization and Infectious Diseases
15. Injury and Violence Prevention
16. Maternal, Infant and Child Health
17. Medical Product Safety
18. Mental Health and Mental Disorders
19. Nutrition and Overweight
20. Occupational Safety and Health
21. Oral Health
22. Physical Activity and Fitness
23. Public Health Infrastructure
24. Respiratory Diseases
25. Sexually Transmitted Diseases
26. Substance Abuse
27. Tobacco Use
28. Vision and Hearing

## In A Snapshot

Healthy People 2010 identifies a set of health priorities that reflect 10 major public health concerns in the United States. These 10 Leading Health Indicators are intended to help everyone more easily understand the importance of health promotion and disease prevention. Motivating individuals to act on just one of the indicators can have a profound effect on increasing the quality and years of healthy life and on eliminating health disparities--for the individual, as well as the community overall.

Subject/Topic	Public Health Challenge
<b>Physical Activity</b>	Promote regular physical activity.
<b>Overweight and Obesity</b>	Promote healthier weight and good nutrition.
<b>Tobacco Use</b>	Prevent and reduce tobacco use.
<b>Substance Abuse</b>	Prevent and reduce substance abuse.
<b>Responsible Sexual Behavior</b>	Promote responsible sexual behavior.
<b>Mental Health</b>	Promote mental health and well-being.
<b>Injury and Violence</b>	Promote safety and reduce violence.
<b>Environmental Quality</b>	Promote healthy environments.
<b>Immunization</b>	Prevent infectious disease through immunization.
<b>Access to Health Care</b>	Increase access to quality health care.

From: *Healthy People in Healthy Communities*, Office of Disease Prevention and Health Promotion, Office of Public Health and Science, Department of Health and Human Services, 2001.

## II. Getting Started

---

A successful program requires active participation from the community and collaboration with other local organizations. Following are sample materials that may be used to enlist the involvement of program participants and partners. Once participants have been recruited, you will need to collect specific information relevant to their involvement with the program. **These materials are included on the diskette so you can tailor them to your program.** A few sheets of letterhead with the *Pick Your Path to Health* logo is included in this resource guide. More will be sent to you under separate cover and can be ordered using the materials order form in the “Program Tools” section.

### Participant Recruitment Flyer

This is a flyer you can print as is or customize to generate interest in prospective participants. Be sure the contact person will be available to receive and respond to phone calls from women who are interested in getting involved. If possible, program an outgoing message on the contact phone number with information on the date, time, and location of upcoming program meetings and/or events, along with particular items women will need to bring or wear (e.g., walking shoes, clothing comfortable to stretch in, a favorite low-fat recipe, and so on).

### Letter to Potential Participants

This letter is to be customized and sent to all potential participants detailing the program’s goals, level of expected participation by participants, and how the program will be structured. Coaches can add specific program information they wish potential participants to know. Potential participants should be encouraged to begin to think about their health goals and to contact the Coach or other contact person with any concerns or questions.

### Letter to Partners

This letter can be printed on the *PYPH* letterhead. Tailor the letter to each prospective partner, highlighting specific ideas for collaboration. For example, in planning a spirituality-themed event, you may invite a popular yoga instructor to conduct a free workshop on meditation and movement. Appeal to partners’ expertise in developing activities that will encourage participation.

### Welcome Letter/Information for Participants

This letter can be printed on *Pick Your Path to Health* Letterhead. It should be sent following enrollment to welcome each participant and provide a brief introduction to the program. It may be useful to tailor this letter to the specific goals of your program, what the program’s expectations are, and include information about the event schedule, including the date, time, and location of an upcoming meeting. All necessary paperwork – medical agreement, contract of partnerships, and so on should be included in this welcome packet.

### Contract of Partnership

This Contract of Partnership outlines the individual goals of each participant at program outset. During the course of the program, coaches and participants may refer to the Contract to evaluate progress or revise goals. Coaches may customize this contract as needed.

### Medical Agreement

The Coach should go over this medical agreement with all participants. When appropriate, each woman should be required provide a completed agreement signed by their physician prior to initiation of program participation.

## II. Getting Started

---

### Photograph Release Form

As Coaches document the journey of participants using the Internet-based mapping program, they may want to record the successes of the participants in the program in other ways. As part of the program, Coaches will be invited to submit stories of women or groups of women participating in the program which will be included in the *Pick Your Path to Health* Newsletter or other Office on Women's Health publications. We would also welcome photographs of participants. Before taking photographs, it is important to get a release form signed by the participants indicating that they agree to the use of their photos by the Office on Women's Health in various contexts.

### Checklist for Coaches

This is a checklist for Coaches to make sure they have all the necessary materials they need and are prepared to begin the program.



## Ladies, Want a *Path to Health* that is Easy and Fun?

Busy? Tired? Not enough time to take care of yourself? We understand how you feel. Why don't you,

Let Us Coach You!



*Pick Your Path to Health* is a new community-based program that will provide individual and group assistance on a variety of health goals, including:

- Spirituality
- Weight Management
- Physical Activity
- Alcohol Use
- Mental Health
- Responsible Sexual Behavior
- Drug Abuse
- Health Care Access
- Tobacco Use
- Disease Prevention
- Violence Prevention
- Family

The Path to Good Health is achieved by taking small, easy steps along the way - it's easier than you think!



You may be paid a small stipend for your participation. If you are interested in participating in this program, contact us:

---

---

---

# Partner Recruitment Letter

---

Print on PYPTH Letterhead

Dear *Partner*:

We are very excited about a new *Pick Your Path to Health* Community Program. It is sponsored by the Department of Health and Human Services' Office on Women's Health. Our goal is to work with women, individually and in groups, to achieve a variety of goals to improve their health and provide them with practical, lifelong tools to put them on a path to good health.

As part of our program, we want to invite agencies and organizations, such as yours, to collaborate with us to give these woman the best opportunity to learn about their health options and to have the leaders in the community be a part of their success.

We are enclosing more information on who we are and are inviting you to be our program's partner by collaborating in a variety of ways: assisting with organized events, participating in workshops, providing information, acting as guest speakers, and so on.

We hope that you will join and collaborate with us on this empowering process. If you any questions, please feel free to contact \_\_\_\_\_ (**enter contact name**) at \_\_\_\_\_ (**phone number**). We will be following with you shortly to assess your level of interest and how you may be able to collaborate with us.

Sincerely,

Coach's Name \_\_\_\_\_

Program \_\_\_\_\_

Telephone Number (     ) \_\_\_\_\_

# Potential Participants Letter

---

Print on PYPTH letterhead

Today's Date: [insert]

Participant Address:  
[enter]

Dear \_\_\_\_ [enter] \_\_\_\_\_:

We are very excited in your interest in participating in the *Pick Your Path to Health* Community Program. This program is based on the *Pick Your Path to Health* national, public education campaign from the Department of Health and Human Services' Office on Women's Health. Since its launch in May 2000, the *Pick Your Path to Health* campaign has brought positive health messages to women in communities all over America. The response has been overwhelmingly positive. Women especially like the suggested weekly action steps designed to fit into busy lifestyles.

Let us give you some background on our program:  
[insert]

The structure of our program and how we will be assisting you to reach your health goals is as follows:  
[insert]

As a participant, you will be expected to:

**[fill in program and coach's expectations]**

We look forward to working with you and are confident you will benefit from this program in achieving your health goals. Our program will start on **[enter date]**. If you have any questions or concerns please contact \_\_\_\_\_ at \_\_\_\_\_ (phone number).

# Participant Welcome Letter

---

Print on PYPTH letterhead

Date: [insert]

Address  
[insert]

Dear [insert participant's name]:

**Welcome!** We are very excited about your involvement with the *Pick Your Path to Health* Community Program based on the *Pick Your Path to Health* national, public education campaign. Since its launch in May 2000, the campaign has brought positive health messages to women in communities all over America and the response has been overwhelmingly positive. Women especially like the suggested weekly action steps designed to fit into busy lifestyles.

Using the action steps and some of your own, [Name of your organization] will work with you to tailor a program to achieve your health goals. Your involvement presents a unique opportunity to discover the benefits of choosing your own path to a healthier and more fulfilling life.

The program will consist of the following activities/details [add or delete as needed]:

- ◆ A Coach who will work with you to set and achieve your personal goals
- ◆ Workshops and other health-related events
- ◆ Individual and group participation
- ◆ Educational and resource materials on a variety of health topics

To begin your program, please report to [insert coach's name] at [insert place/address where program will first meet] on [enter date] at [enter time]. At that time, we will meet to discuss your individual health goals, have you fill out necessary administrative paperwork (including how you will be paid for your participation).

We look forward to working with you and wish you much success in achieving your health goals. If you have any questions or concerns, please contact your Coach, [insert coach's name] at [insert contact phone number]. Your coach will be your main point of contact and is here to help you.

Your path to good health is now underway, and we're pleased we will be there to guide you. It IS easier than you think!

# Contract of Partnership

---

Your participation in the *Pick Your Path to Health* Community Program is a partnership between you (to make healthful lifestyle choices) and us (to guide and “Coach” you on your path to health). Your commitment is reflected in the establishment of your personal goals for this program and in acknowledging your commitment to participate as fully as possible. Although our goal is to assist you in obtaining your desired mental and physical health goals, our primary role is to serve as a resource for health information and provide structure and facilitation toward your goals.

As a partner, please understand that we do not diagnose medical conditions nor suggest any kind of treatment for any medical condition. We are also not to be taken as a substitute for medical care or regular scheduled medical appointments. Additionally, we do not accept any responsibility for your health status. If you have any medical conditions that may affect or preclude your participation (i.e., over the counter and prescribed medications, health conditions, physical limitations, etc.) you must inform us and get permission from your physician, if necessary.

By signing below you are acknowledging your dedication to the program and goals established between you and your coach.

Participant signature: \_\_\_\_\_

Date: \_\_\_\_\_

Coach's signature: \_\_\_\_\_

Date: \_\_\_\_\_



# Medical Agreement

---

As a participant in the *Pick Your Path to Health* Community Program, our goal is to assist you in making changes in your lifestyle to obtain your desired mental and physical health goals. Before you begin the program, we ask that you notify us of any medical conditions that may affect your participation (i.e., use of over the counter and prescribed medications, health conditions, physical limitations, etc.) If you have any medical conditions or take any medications, you must get permission from your physician or health care provider to participate in this program and furnish us with any necessary information.

We do not accept any responsibility for your medical status (illness, injuries, hospitalizations) during your participation in this program. If at any time your health changes during your participation in the program, it is your responsibility to inform us and your physician or medical caregiver. If we feel your health status cannot allow you to safely participate in this program, we will immediately inform you that your participation officially been terminated.

By furnishing the information below and signing at the bottom, you agree to all of the above.

Your name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home phone: \_\_\_\_\_

Physician's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Medical status (list any and all medical conditions, medications): \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

\*\*\*\*\*

I have determined that \_\_\_\_\_ is medically able to participate in this program with: [ ] no special accommodations [ ] with the following accommodations, please list:

\_\_\_\_\_  
\_\_\_\_\_

Physician Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# Photograph Release Form

---

For valuable consideration received, I hereby give the Office on Women's Health (OWH) the absolute, irrevocable right and permission, with respect to the photographs that have been taken of me or in which I may be included with others:

To use, reuse, publish and re-publish the same in whole or in part, individually or in conjunction with other photographs, in any medium and for any purposes, including (but not by way of limitation) illustration, promotion and advertising for the government.

I hereby release and discharge OWH from any and all claims and demands arising out of or connection with the use of photographs, including any and all claims for libel.

This authorization and release shall also ensure to the benefit of the legal representatives, licensees and assigns of OWH as well as other government agencies.

I am over the age of twenty-one, or my guardian is signed. I have read the foregoing and fully understand the contents thereof.

Name and Address:

---

---

---

Signature:

---

Date:

---

Witnessed by:

---

# Checklist for Coaches

Before you begin your program, check the items below to make sure you have everything that you need.

## Getting Started

### Completed

- Did you develop your work plan? ☐
- Have you submitted the work plan to your Program Director? ☐
- Do you feel you are well trained on how to use the journey mapping system? ☐
- Are you prepared to start documenting individual women's successes to submit them to the Regional Office? ☐
- Do you have necessary signed forms from all the participants? ☐
  - Contracts of Partnerships ☐
  - Medical Agreements ☐
  - Photograph Releases ☐
- Did you go over goals with each participant? ☐
- Did you complete the coaches' baseline evaluation form? ☐
- Do you have all the materials you need? ☐
  - Journals, postcards, day books, posters, planners? ☐
  - Roles and responsibilities for coaches? Tips for coaches? ☐
  - Suggested activities, sample articles, goal sheets for participants? ☐
  - Order forms to request more materials? ☐
- Anything else you need to get started? If so, list below and call your Project Officer. ☐  

---

☐  

---

☐  

---

☐  

---

☐  

---

☐  

---

☐  

---

☐

## IV. Administration and Evaluation

---

This section contains information on items that you will need to submit as part of the contractual obligations for this program.

### **Progress Reports**

This section details the types of information that coaches and program administrators will need to collect throughout the program and the frequency for submission of these reports.

### **Evaluation**

This section describes how the effectiveness of the program will be determined through the use of a unique internet-based program, as well as from written feedback from both the Coaches and the participants.

#### ◇ **Journey Mapping Instructions**

This gives detailed instructions for coaches and participants on how to use the internet-based journey mapping program.

#### ◇ **Coach Pre-Program Assessment Form**

This form assesses the Coaches' expectations and their readiness to begin the program. The Coach should fill out one of these at the beginning of each new program session.

#### ◇ **Coach Follow-up Evaluation Form**

This form is the Coaches' evaluation on the success of the program. The Coach should fill out one of these at the end of each separate program session.

#### ◇ **Participant Feedback Form**

This form solicits participant's feedback on the success of the program and how effective it was in helping them with their health goals.

# Progress Reports

---

## Progress Reports

The contractor will be required to provide a detailed work plan, quarterly reports and a final report as described in the schedule of deliverables. These reports will provide a historical record of project activities and should be as objective and unbiased as practical with a special focus on constructive criticisms and recommendations for improvement that might enhance implementation of future PYPTH programs.

## Work Plan

Contractors must prepare and submit a detailed work plan within thirty days of contract award to the Project Officer (OWH Regional Office). The plan should include an explanation of the contractor's approach to implementing the program, workshop and event content, length of workshops and events, information on educational and resource materials for each PYPTH theme, community resources, program personnel, and program participants including information on the number of program participants, as well as information on journal recording, program follow-up, and program evaluation.

The Project Officer will arrange a teleconference or face-to-face meeting to discuss the work plan, timelines, tasks, and budget.

## Quarterly Reports

Contractors will furnish quarterly progress reports detailing current status of individual tasks related to program design, program implementation and program evaluation. The report shall be narrative in form and shall include the following information:

- A summary of progress in program design, implementation and evaluation to include contractor's experience to-date in attempting to implement the program, the percentage of participants continuing to stay with the program, and the anticipated beginning and completion date for individual tasks.
- Participant feedback to-date on progress in implementing action steps based on the participant feedback form and verbal feedback received by coaches from participants. Coaches will have the opportunity to record oral feedback in an OWH-provided feedback database, called *Journey Mapping*. Contractors should ensure anonymity of participants
- Person hours of time and dollars expended on individual tasks for the present reporting period and year to date by type of personnel utilized (Coach, Speakers, Program Manager).
- Section on Current/Anticipated Problems/Issues and Impact on Cost and Completion Date.

## Final Report

The Contractor shall submit a draft of the final annual report one month before the end of the contract period. The Project Officer will respond to the draft within two weeks.

A final narrative report assessing the efficacy of implementing the PYPTH model in a community setting and using the PYPTH program to motivate, educate, and empower women to take steps toward health improvement shall be provided. The report must document significant work activities during the entire length of the contract and include participant feedback. Contractors shall include the actual participant feedback form filled out by participants and take steps to ensure anonymity of participants. This report will provide a historical record of major work activities and should be as objective and unbiased as practical, with a special focus on constructive criticisms and recommendations for improvement that might enhance implementation of future PYPTH programs.

# Evaluation

---

## **Journey Mapping**

Journey Mapping is a unique, one-of-its-kind tool that is ideally suited for meeting multi-site reporting requirements. The tool is Internet-based and allows coaches and women at each site to be provided with unique passwords and be positioned to log in and document their unique experiences as they occur. Additionally, the application offers instant reporting capabilities. This will allow program directors to track progress in near real-time, glean best practice examples, and quickly share findings across all sites.

The Office on Women's Health will encourage each community-based program to use this customized, Internet-based application to assist them in mapping the journey of women who participate in the programs. The contractor, Pacific Institute for Research and Evaluation (PIRE), will be responsible for setting up users at each site, training them in journey mapping, and providing unlimited off-site support for the entire year to ensure optimum use of the application.

## **Coaches Assessment**

The Office on Women's Health would like to obtain coaches' feedback at the beginning and end of the program on their expectations from the program, whether or not the women will be able to change health behaviors, implement action steps, or reach their goals and to specify if goals were partially reached. Written feedback should be obtained from coaches using the Coach Pre-Program Assessment Form and the Coach Follow-Up Evaluation Form. Coaches may record participants' progress through the journey mapping system.

## **Written Participant Feedback**

It is the responsibility of the coach to obtain written participant feedback at the end of the program on whether or not the women were able to change health behaviors, implement action steps, or reach their goals and to specify if goals were partially reached. Written feedback should be obtained from participants using the Participant Feedback Form. This form should be given to every participant who completes (or doesn't complete for whatever reason) the program.

# III. Program Tools

---

This section provides coaches with program suggestions and useful implementation tools. The materials are generic for any health theme and can be duplicated as handouts.

## Roles and Responsibilities of Coaches

This handout reviews the unique role of the program coach and helps you plan your work approach.

## Tips for Coaches

This document gives tips for coaches on their role and how to work with the program participants.

## Suggested Activities

This is a list of activities for each monthly health theme from the *Pick Your Path to Health* campaign that coaches may want to use or adapt to fit their program.

## Goal Sheets

These worksheets are created to reflect the 12 monthly health themes that coaches can duplicate for women to use to help them develop their personal health goals. Two additional sheets specifically for women who live in rural areas and women with disabilities are also included to reflect the particular needs of these populations. If needed, Coaches can decide to include these or not depending on the make-up of the women in their specific programs.

## Sample Articles

This section showcases samples of the *Pick Your Path to Health* articles by population. If interested, women can fill out the request form to receive them on a monthly basis directly from the *PYPH* campaign. You can also incorporate them into a community or program newsletter.

## Certificate of Completion

Upon successful completion of the program, participants will receive a colorful certificate that will be signed by both the Coach and Program Administrator. A sample is included in the back pocket of the notebook. This certificate can be completed and awarded at the program site either by using a typewriter to enter the personal information directly on the certificate. **Coaches will order the amount of certificates needed once participants are enrolled using the *Coaches Kit: Materials Order Form*.** An electronic template is currently under development to enable programs to print directly onto the certificates using their computer. More information and directions will be sent once this template has been finalized. (A sample copy of the certificate is in the back of this Resource Guide)

## Monthly Article Email Request Form and Coaches Kit: Materials Order Form

This is the order form for women or programs interested in receiving the *Pick Your Path to Health* monthly articles by email. Also in this section is the *Coaches Kit: Materials Order Form* that Coaches use to order materials such as pocket planners, posters, postcards, and listserv cards as needed. The materials are of high-quality design in full color and offer health messages women can incorporate into their daily lives.

### III. Program Tools

---

**Other items you will receive as program tools that will be sent under separate cover:**

The *Pick Your Path to Health* campaign offers an array of high-quality materials to support your program. Each program coach has the opportunity to order these materials. Keep in mind that you will need materials not only during the implementation phase but also throughout the contract period. As a starting point, familiarize yourself with each tool and think of ways to make the most of each item. All materials have been created to assist women achieve their goals for better health which means that each one of them can be easily incorporated into your activities.

- **2003 Pocket Planners:** 12-month planners that offer suggested weekly action steps based on the monthly *Pick Your Path to Health* campaign themes. Each planner includes a comprehensive list of health resources in the back section. (Six populations featured). (Sample of one enclosed in back pocket of this Resource Guide).
- **Promotional Gifts:** Fun and useful promotional items for participants—sports bottle; tote bag; and sun visor.
- **2003 Women's Health for the Homefront Daybook:** This daybook contains a wealth of up-to-date information on good health practices and is a must have on resources for participants. Included in the daybook are sections on: "Know When to See Your Health Care Provider," "Symptoms of Serious Health Conditions," "Preventive Screening Tests," "How to Get a Second Opinion," and much more.
- **Leading Women on the Path to Good Health/PYPH Letterhead:** The program will receive color letterhead that can be used when sending out personalized letters to participants and partners. A sample of one is enclosed in the back pocket of this Resource Guide. Programs can order more letterhead as needed or photocopy it as well in either color or black and white.
- **Listserv Cards:** Sign-up cards for participants who would like to receive weekly health tips via email from the *Pick Your Path to Health* campaign. (Sample enclosed in back pocket of this Resource Guide).
- **Postcards:** Coaches can give or mail to participants as reminders, and encouragement pieces to keep them on their goals or congratulate them on a job well done. (Sample enclosed in back pocket of this Resource Guide).
- **Posters:** High-quality, full color *Pick Your Path to Health* posters that can be displayed in your program, or other community organization that supports your program or promotes health issues. (Sample enclosed in back pocket of this Resource Guide).



# Roles and Responsibilities of Coaches

---

As a *Pick Your Path to Health* (PYPTH) coach and mentor, you play a unique and pivotal role in leading women on the path to good health. You will engage, motivate, educate and empower women to make simple steps to improve their health in a variety of areas.

Consider the characteristics of a coach versus a mentor that you will blend in your position.

	Coach	Mentor
<b>Focus</b>	Performance	Individual
<b>Role</b>	Specific agenda	Facilitator without agenda
<b>Relationship</b>	Comes with the job	Self-selecting
<b>Source of influence</b>	Position	Perceived value
<b>Personal returns</b>	Teamwork/performance	Affirmation/learning
<b>Arena</b>	Task related	Life

Your role as a coach and mentor will involve focusing on the women and their individual needs in the program, and supporting their long-range health goals. You will also assist them with developing concrete, obtainable goals and help them monitor their progress.

In summary, a mentor has a personal interest in a participant – a “friend” who cares about them and their long-term development. A coach develops specific skills and strategies to achieve the goals, overcome challenges and produce the expected outcomes of the program’s participants.

For your consideration, here are select descriptions of what a successful coach and mentor do. You undoubtedly can think of more or add to this list, but this is to get you started on thinking about your role and how you want to establish a relationship with the women you will coach.

- ◆ Assist with developing and setting attainable goals
- ◆ Empowers others
- ◆ Challenges women to do their best
- ◆ Allows women to make their own decisions
- ◆ Maintains a results orientation approach
- ◆ Keeps women focused on the goals ahead
- ◆ Supports women in working out problems for themselves
- ◆ Offers emotional encouragement and instills confidence
- ◆ Guides and teaches the learning of skills and strategies
- ◆ Offers constructive feedback
- ◆ Communicates in a variety of styles

# Tips for Coaches

---

As a *Pick Your Path to Health* (PYPTH) coach, you play a pivotal role in leading women on the path to good health. You will engage, motivate, educate and empower women to make simple steps to improve their health in a variety of areas. Here are some tips to help you succeed.

**Establish rapport.** Make sure that participants are comfortable in your environment. Tell them about you and show a genuine sense of curiosity and interest in their situation.

**Focus on the person's goals, not yours.** Try to help the participant move toward establishing her own meaningful goals and she will be more likely to achieve them.

**Clarify roles.** You are the listener, helper, and motivator. Your role is to help identify strengths and help participants create a plan to reach their own personal goals.

**Make sure the person is fully engaged.** Participants who feel awake, interested, like part of your team, and are actively participating in interactions are more likely to succeed.

**Make suggestions based on each individual's strengths .** Every PYPTH participant has unique strengths to help her achieve her goals. Help her see those strengths and you will inspire her to reach her potential.

**Focus on what works.** You can prevent lapses from becoming collapses by focusing on what is going right and looking for lessons learned. Don't simply urge more willpower.

**Listen well.** Don't ignore obstacles and unmet needs. Listen actively to the participant's concerns and appreciate their ambivalence. Try to summarize what they say to you, and ask good questions.

**Call 1-800-994-WOMAN.** The National Women's Health Information Center can provide you with free information and resources for your participants. To learn more go to [www.4woman.gov/pypth](http://www.4woman.gov/pypth) and click on community programs.

# Suggested Activities

---

The following are suggestions or ideas that you may want to incorporate into your program design for each of the 12 monthly health themes. These are just a few suggested activities and by all means do not exhaust all the possibilities at your disposal.

## ***January – Spirituality: Find the strength within.***

- Ask the women to come up with a creative or unique way to show how they find the strength within and share it with their group members.
- Ask chaplains at local hospitals, universities, and military bases to participate in a free seminar on "Women's Health and Spirituality".
- Hire a yoga instructor for an introductory session.
- Plan programs on meditation or other activities that reduce stress.
- Have the women keep a journal in which they take some time each day or each week to reflect and write down what they've done to embrace their spirituality.

## ***February – Weight Management: Vital for long-term wellness.***

- Sponsor a lunchtime potluck where each member brings a healthy dish or item to share.
- Start a listserv and e-mail weekly menus and words of encouragement to participants .
- Have a nutrition expert give a workshop on food: serving sizes, low-fat alternatives to different foods, options for eating out, how to cook foods in different ways, how to choose fresh, ripe food. Plan a field trip to a local farmer's market to discover fresh foods never considered.
- Take a field trip to the grocery store to shop or give guidance on healthy, low cost shopping, giving particular emphasis on what to buy or not buy for particular health conditions (diabetes, high blood pressure, and so on.)

## ***March – Physical Activity: Stay Active. Live Longer.***

- Offer a "healthy heart" aerobics or stretch class to women through a local gym.
- Start a "women's walkers club" .
- Sponsor a women's community sports team .
- Invite a fitness expert to speak about the importance of: hydration, injury prevention, strength training for women, and alternatives and suggestions for using common household items for free weights.

## ***April – Alcohol Use: Know your limits.***

- Invite a speaker from a service/support organization to speak on: affects of alcohol on the body, signs of alcoholism, where to get family support, resources in the community.
- Incorporate techniques on stress reduction as part of activity.
- Have a contest for the most creative non-alcoholic drink. Have a group where everyone would make theirs and have the group judge which is the best for a prize.

## ***May – Mental Health: Lower your stress.***

- Establish a support group for women that focuses on stress.
- Conduct depression screenings for a group of women and give continued support.
- Provide literature on mental health topics.
- Have students of massage or other professional give instruction on how to give massages; have women get a seated massage.

# Suggested Activities

---

## ***June – Responsible Sexual Behavior: Think before you act.***

- Provide information on contraceptives and safe sex.
- Have a nurse practitioner or other health professional speak on what to expect at a gynecological exam and walk participants through the process of a mammogram and pap smear and what each exam means, the results, etc.
- Have an expert talk about STDs and HIV – prevention and the signs.
- Have the group create a community campaign aimed at teens and young adults on the benefits of safe sex.

## ***July – Drug Abuse: Use and you lose.***

- Invite a drug abuse support organization speaker to talk with group on services and supports in the community, signs of drug addiction and what to do if you live with someone who has a drug problem.
- Have a medical expert talk about the proper use and dangers of prescription drugs and what to ask your doctor about your prescriptions.
- Identify what family supports are available.

## ***August – Health Care Access: Your health matters.***

- Hold or connect group members with a women's health fair.
- Invite insurance companies to sponsor a general "benefits workshop" on what to look for in a health plan, what kind of coverage is right for your family, etc.
- Have a physician speak on how to find the right primary care physician – questions to ask. Make sure the physician is of the same cultural background as the women, if possible.

## ***September – Prevention: It's better than cure.***

- Partner with a women's clinic to offer free or low-cost immunizations.
- Hold an informational workshop on adult immunizations.
- Hold a immunization recordkeeping group: everyone create an immunization folder/chart that identifies all their immunizations and identifies ones they currently need.
- Identify community health screenings – diabetes screening, cholesterol, and so on.

## ***October – Violence Prevention: Empower yourself.***

- Encourage volunteer participation at local women's shelter.
- Sponsor an "open house" at your organization with representatives from local women's shelters and help publicize their services.
- Have each participant write up their emergency plan to leave a violent situation.
- Have women identify or begin to set up a support system for themselves.

## ***November – Tobacco Use: Smoking—costly to your LIFE and your wallet.***

- Start a smokers support group to give support to members who want to quit.
- Hold an educational seminar on second hand smoke.
- Have group keep track of number of cigarettes smoked in a week and tally up cost; then come up with ways they could spend the money saved on not smoking and go for it.

## ***December – Family: Get support from those who care.***

- Offer story-telling sessions where older members of the family share stories with community members and ask the local cable access television station to film it.
- Organize a family picnic day in your group of women.
- Have group create a family tree and look into their family history to share with their children.

# Goal Sheets

---

*Spirituality: Find the strength within*

My goals for spirituality are:

✓ Take a moment to celebrate my spirit

- 
- 
- 

✓ Believe in myself—write at least of five things I do best

- 
- 
- 

✓ Measure success by how much health, peace, and joy I have

- 
- 
- 

✓ Make a list of victories I can celebrate in my life

- 
- 
- 

✎ Add more goals below:

✓

- 
- - 
  -

✓

- 
- - 
  -

✓

- 
- - 
  -

# Goal Sheets

---

## *Weight Management: Vital for long-term wellness*

My goals for weight management are:

✓ Carry a water bottle with me and will refill at least three times

- 
- 
- 

✓ Use the *Pick Your Path to Health* pocket planner to keep track of the fruits and vegetables I eat daily

- 
- 
- 

✓ Use home grown seasonings and herbs to spice up my food

- 
- 
- 

✓ Try baking, boiling, or steaming my food instead of frying it

- 
- 
- 

✓ Exercise to burn some of the calories I take in

- 
- 
- 

✎ Add more goals below:

✓

- 
- - 
  -

✓

- 
- - 
  -

# Goal Sheets

---

## *Physical Activity: Stay active. Live longer*

My goals for physical activity are:

✓ Go for a walk with a friend everyday

- 
- 
- 

✓ Put on some music and dance

- 
- 
- 

✓ Keep my walking shoes handy

- 
- 
- 

✓ Start to exercise gradually and work my way up

- 
- 
- 

✎ Add your more goals below:

✓

- 
- 
- 

✓

- 
- 
- 

✓

- 
- 
-

# Goal Sheets

---

## *Alcohol Use: Know my limits*

My goals for being aware of my alcohol use are:

✓ Stop at two drinks to avoid behavior I may regret

- 
- 
- 

✓ Take steps not to get pregnant if I've abused drugs or alcohol in the past year

- 
- 
- 

✓ Take a girlfriend's keys and don't let a friend drive drunk

- 
- 
- 

✓ Seek counseling if I or a member of my household has problems with alcohol

- 
- 
- 

✓ Throw alcohol-free parties

- 
- 
- 

✍ Add more goals below:

✓

- 
- 
- 

✓

- 
- 
- 

✓

- 
- 
-



# Goal Sheets

---

*Mental Health: Lower my stress. Improve my health*

My goals for improving mental health are:

✓ Protect my last good nerve. Try deep breathing, massage, meditation, prayer, and exercise

- 
- 
- 

✓ Don't sweat the small stuff: choose the really necessary things that need to get done today

- 
- 
- 

✓ Get together with my girlfriends at least once a month to laugh, cry, and support one another

- 
- 
- 

✓ Won't be afraid to seek counseling

- 
- 
- 

✎ Add more goals below:

✓

- 
- 
- 

✓

- 
- 
- 

✓

- 
- 
-

# Goal Sheets

---

## *Responsible Sexual Behavior: Think before I act*

My goals for responsible sexual behavior are:

✓ Don't be afraid to say "no!" It's my body and my life

- 
- 
- 

✓ Abstain from sex or practice safe sex every time

- 
- 
- 

✓ Get tested for HIV/AIDS

- 
- 
- 

✓ Get tested for STDs regularly even if I have no symptoms

- 
- 
- 

✓ Ask my partner about his sexual history

- 
- 
- 

✍ Add more goals below:

✓

---

- 
- 
- 

✓

---

- 
- 
-

# Goal Sheets

---

## *Drug Abuse: Use and I lose*

My goals for preventing drug abuse are:

✓ Don't experiment and learn more about drug addiction

- 
- 
- 

✓ Don't take medications prescribed to others

- 
- 
- 

✓ Seek help if I am in a relationship with a drug abuser, and get help for both of us

- 
- 
- 

✓ Give addicts the support they need to quit

- 
- 
- 

✎ Add more goals below:

✓

- 
- 
- 

✓

- 
- 
- 

✓

- 
- 
-

# Goal Sheets

---

## *Health Care Access: My health matters*

My goals for improving health care access are:

✓ Schedule routine check-ups for myself and my family

- 
- 
- 

✓ Make a list of questions or concerns to discuss with your doctor

- 
- 
- 

✓ Speak up if I don't understand my doctor's instructions

- 
- 
- 

✓ Learn more about government-sponsored low-cost or free health insurance programs

- 
- 
- 

✎ Add more goals below:

✓

- 
- 
- 

✓

- 
- 
- 

✓

- 
- 
-

# Goal Sheets

---

## *Prevention: It's better than a cure*

My goals for prevention are:

✓ Have my blood pressure, blood sugar, and cholesterol checked

- 
- 
- 

✓ Ask my local pharmacist where to get a flu shot

- 
- 
- 

✓ Schedule a pap test and pelvic exam

- 
- 
- 

✓ To help prevent osteoporosis, eat a well-balanced diet rich in calcium and vitamin D, exercise regularly, and don't smoke

- 
- 
- 

✎ Add more goals below:

✓

- 
- 
- 

✓

- 
- 
- 

✓

- 
- 
-

# Goal Sheets

---

## *Violence Prevention: Empower myself*

My goals for violence prevention are:

✓ Make a list of safe places where I can go to protect myself from abuse

- 
- 
- 

✓ Empower myself! Sign up for a self-defense class

- 
- 
- 

✓ Always stay in touch with friends and family

- 
- 
- 

✓ Won't keep abuse a secret and will seek help

- 
- 
- 

✎ Add more goals below:

✓

---

- 
- 
- 

✓

---

- 
- 
- 

✓

---

- 
- 
-

## Goal Sheets

---

### *Tobacco Use: Smoking—costly to my life and my wallet*

My goals for avoiding or quitting smoking are:

✓ Make a list of 10 things to do with my money instead of smoking

- 
- 
- 

✓ Create a no-smoking rule in my home

- 
- 
- 

✓ Find a support program in my community to help me stop smoking

- 
- 
- 

✓ Make a pact with myself to never start smoking or to stop smoking

- 
- 
- 

✎ Add more goals below:

✓

- 
- 
- 

✓

- 
- 
- 

✓

- 
- 
-

# Goal Sheets

---

*Family: Get support from those who care*

My goals for family are:

✓ Have fun with my family this week

- 
- 
- 

✓ Ask family members for help if family responsibilities are causing me stress

- 
- 
- 

✓ Plan a funny-family-story night and invites aunts, uncles, and grandparents

- 
- 
- 

✓ Plan a family picnic

- 
- 
- 

✓ Make bed time a set time for kids each night

- 
- 
- 

✎ Add more goals below:

✓

- 
- 
- 

✓

- 
- 
-



# Goal Sheets

---

## *Heat Stress Prevention: Keep it cool*

My goals for heat stress prevention are:

✓ Drink at least 8 ounces of water every 20 minutes while working in the heat.

- 
- 
- 

✓ Keep myself well-ventilated and shielded from heat sources.

- 
- 
- 

✓ Protect my skin and eyes from the sun's damaging rays.

- 
- 
- 

✓ Monitor my medications for skin sensitivities to sun exposure.

- 
- 

✓ Learn first aid techniques for heat stress.

- 
- 
- 

✍ Add more goals below:

✓

- 
- 
- 

✓

- 
- 
-

# Goal Sheets

---

## *Additional Goals for Women with Disabilities*

My goals for better health are:

✓ Eat 5-6 small, well-balanced meals a day—make every calorie count by choosing nutrition foods.

- 
- 
- 

✓ Don't self-medicate when I'm in pain. Talk to a pain specialist who has an awareness of issues that persons with disabilities may face.

- 
- 
- 

✓ To celebrate my abilities—not to define myself by my disability.

- 
- 
- 

✓ Call the ADA information line at 800-514-0301 (voice) on accessible health care and other services.

- 
- 
- 

✍ Add more goals below:

✓

- 
- 
- 

✓

- 
- 
-

# **SAMPLE MONTHLY ARTICLE – Asian and Pacific Islander Women**

---

## ***Pathways to Better Health: A Feature of the Pick Your Path to Health Campaign Diabetes in Asians***

Did you know that diabetes is the fifth leading cause of death for Asian and Pacific Islander Americans aged 45 to 64?

Did you know that being overweight, having high blood pressure, or being physically inactive can increase your risk for developing diabetes?

When it comes to diabetes, what you know can help save your life.

Diabetes affects more than 16 million people in the United State and it is the main cause of kidney failure, amputations of the foot and leg, adult blindness, and a major cause of heart disease and stroke. Death due to diabetes is about three times higher for Asian and Pacific Islander Americans than whites.

### **What is diabetes?**

Diabetes happens when there is too much sugar in your blood. Normally, when we eat, food is converted to sugar, which enters the bloodstream to help fuel the body's cells. With diabetes, the sugar is not used properly and it builds up in the blood. In time, this sugar buildup can damage the heart, kidneys, eyes, nerves, and blood vessels.

Type 2 diabetes makes up about 95 percent of all diabetes cases. It is more common in adults over age 40 and is strongly associated with obesity, physical inactivity, family history of diabetes, and racial or ethnic background.

### **What you don't know can hurt you**

Many people have diabetes and don't know it. In a University of Washington study, 23 percent of Asian and Pacific Islander Americans were found to have diabetes and not know it. The study found that 17 percent Chinese, 23 percent Japanese, 25 percent Filipino, and 28 percent Korean Americans did not know they had diabetes.

According to the National Diabetes Education program, the chances of Asian Americans developing diabetes have increased as their food choices have changed. Instead of their traditional plant- and fish-based diets, they are choosing foods with more animal proteins and fats, and more processed carbohydrates. In addition, they have become less physically active.

Diabetes may seem like a silent disease, but there are some signs to look for such as: unusual thirst, urinating often, feeling very tired or ill, losing weight without trying, having sores that are slow to heal, and having blurry eyesight.

# **SAMPLE MONTHLY ARTICLE –**

## **Asian and Pacific Islander Women**

---

A history of high blood pressure, heart attack, and family history of diabetes are early indicators, says Dr. Wilfred Fujimoto, a leading diabetes researcher at the University of Washington. “Asians are at a greater risk if a parent, brother, or sister has a history of diabetes, more so, if both parents have it. It’s important to tell your family members if you have the disease so that they can take steps to prevent it.”

### **How to prevent diabetes**

You can reduce your risk for diabetes. A recent study by the National Institutes of Health (NIH) found that lifestyle changes can reduce the risk of getting diabetes in both men and women. Participants in the Diabetes Prevention Program (DPP) study reduced their risk of getting type 2 diabetes by 58 percent simply by doing physical activity 30 minutes each day and by adopting a low-fat diet.

You can choose simple physical activity that fits into your daily routine. For example, most participants in the DPP study chose walking as their exercise of choice and lost 7 percent—or 15 pounds—of their body weight. You can also follow the Asian traditional diet, which is low in saturated fat and high in complex carbohydrates.

Getting to know your BMI can also help. People with a body mass index (BMI) of 30 or greater are at five times higher risk of diabetes than people with a BMI of 25 or less.

To calculate your BMI, visit the NIH Web site at [www.nhlbisupport.com/bmi/](http://www.nhlbisupport.com/bmi/) or do it with a calculator. Multiply your weight by 703 and then divide your answer by your height in inches multiplied by your height in inches. “A BMI of 25 or more is considered overweight,” says Dr. Fujimoto. “For Asians, a normal BMI should be about 23, because the risk of disease increases at a BMI of 23.”

The lifestyle changes recommended to avoid diabetes are simple and doable. Start today. Prevent diabetes before it happens to you. It will help keep you on a path to better health.

- Talk to your doctor about your risk for diabetes.
- To learn more about how to prevent diabetes, visit the National Diabetes Education Program at <http://ndep.nih.gov> or call toll-free 1-800-860-8747.
- The University of Washington offers complimentary labels to paste on your medical chart to advise your health care provider that you are from an ethnic group with high risk for diabetes and that you should have your blood sugar tested annually. You can order a label for yourself and each of your family members by calling (206) 543-5597 or e-mail your request to [jacds@u.washington.edu](mailto:jacds@u.washington.edu).

*Pick Your Path to Health is a national public health campaign sponsored by the Office on Women’s Health within the U.S. Dept. of Health and Human Services. For more information about the campaign or to subscribe to the listserv to receive tips on improving your health, call 1-800-994-WOMAN or TDD at 1-888-220-5446, or visit the National Women’s Health Information Center at [www.4woman.gov](http://www.4woman.gov).*

# **SAMPLE MONTHLY ARTICLE – American Indian and Alaskan Native Women**

---

## ***Pathways to Better Health: A Feature of the Pick Your Path to Health Campaign Access to Good Health Care, Breaking Through the Isolation***

By Cathy McCarthy  
Anishinaabe - Metis (Non-status)

Many years ago, I visited my uncle in a TB sanitarium where he underwent long term treatment. He caught TB working with a bush pilot bringing very sick Inuit and Cree people from their northern communities to hospitals in the south. He told me that his heart was broken seeing these people airlifted. “The people don’t die of their disease,” he said. “They die from isolation; from being cut off from everything they hold dear.” This is one of those thoughts that I have carried around ever since.

Access to health care for Indian people is still a major problem. And the problem is still much more than having a clinic or a doctor’s office nearby. It is in the spirit of all the people who have passed on, alone, afraid, and cut off from everything they held dear that I offer this discussion.

At the bottom of any talk about health care is the question of enough money to do it right. Money determines how far you must travel to a clinic that will accept you and what kind of services will be available once you get there. For most of us today, the only place to get health care is a tribal clinic, a public clinic, or a facility run by the Indian Health Service (IHS). This is because only one third of our population has private health care insurance that would allow us to go anywhere else. So you might say that makes us a captive audience in a situation dependent on enough money to work well.

According to Pamela Kingfisher, a Native health care researcher, Congress has given only 25 percent of the level of money authorized in the Indian Health Care Improvement Act of 1976. This Act was drawn up to provide proper health care and education for Indian people. In any given year, the government spends around half the health care money on Indian people that it does on other Americans. Because of funding shortages and challenges, we need to think about making the most of the services offered by the existing clinics where we live. Here are some ideas on how to do that.

Once an Indian woman is inside a clinic that accepts her, many times she is seen and treated by someone who practices only the western form of medicine. There is nothing wrong with this. In many, maybe even most cases, it gets the job done and we are satisfied. But, for many of us, there is a vast difference between the notion of treatment and the concept of healing.

Pamela Kingfisher points out that, as Indian women, “We have been and are the keepers of our culture and the traditional healing knowledge of the Grandmothers.” Those healing ways have always been based on rekindling the balance of spirit, body, emotions, and intellect. We know that treatment without healing is only temporary and may touch only one or two of these four elements.

In many communities, there is a strong movement to bring back the old ways for healing the four elements of life and combining them with the best of western medicine forms of treatment. Pamela Kingfisher speaks of several projects throughout the United States that have had great

# SAMPLE MONTHLY ARTICLE –

## American Indian and Alaskan Native Women

---

success in doing this already. These projects have shown that when you bring in traditional healing, you can improve the people's general health and balance by spending less money on expensive western medicine. You might say, this is a powerful message. It might even be one of the ways to fight the isolation that broke my uncle's heart. And, with all the talk of runaway spending in health care in the United States, maybe the rest of America could learn something important from these projects.

With these successes in mind, the U.S. Department of Health and Human Services recently announced that they are giving American Indian and Alaskan Native tribes the right to operate, control, and redesign most IHS programs and activities if they want to do so.

While this new approach is tested, there is much we can do in our individual communities above and beyond national policies. For the rest of us, it might be more helpful to separate the big picture of providing effective and sensitive health care for all Indian people from what we can do in our individual communities.

Pamela Kingfisher says it well when she states, "Indigenous women are the mothers of their nations and that means all issues affect us. We need to maintain jurisdiction over family, nutrition, and health, but go beyond as advocates for the survival of our people and future generations."

We have an important role to play in building a good health care system in all our communities. First, we can raise our voices to make sure there is enough money and there is access to a clinic within a reasonable distance. Then we can recall the healing traditions of our Grandmothers and make sure they are made available alongside good western medicine. We can make a difference in the health of our families, our communities and ourselves right now by using those health services already available to us. One way to do that is to schedule an annual physical exam for you and everyone in your family where you know you will find good care.

There is much to do, and we are equal to the task.

Here are a few good sources of information to help lead you on the path to better health.

- Pamela J. Kingfisher, *The Health Status of Indigenous Women of the U.S.: American Indian, Alaska Native and Native Hawaiians*, (Beijing Conference, 2000), <http://www.hc-sc.gc.ca/canusa/papers/usa/english/indigen.htm>.
- Jennie Roe, Jacquetta Swift, Robert, S. Young, *The Rationing of Healthcare and Health Disparity for the American Indians/Alaska Natives*, 2002, <http://books.nap.edu/books/030908265X/html/310.html#pagetop>. You can read this document directly online.

Pick Your Path to Health is a national public health education campaign sponsored by the Office on Women's Health within the U.S. Department of Health and Human Services. For more information about the campaign, please call 1-800-994-WOMAN or 1-888-220-5446 (TDD), or visit the National Women's Health Information Center at <http://www.4woman.gov/> To request weekly health tips by e-mail, click on the box that says, "Click Here for weekly health tips by e-mail."

# SAMPLE MONTHLY ARTICLES – African American Women

---

## *Pathways to Better Health: A Feature of the Pick Your Path to Health Campaign* **The Number One Predictor of Diet Failure - and How to Beat It**

### **The Inside Story**

The single most common emotional eating trigger and the No.1 predictor of weight loss relapse is stress, according to obesity expert Dr. John P. Foreyt of Baylor College of Medicine.

Being “stressed out” is a common expression nowadays. You hear this phrase often and perhaps even utter it from time to time yourself. However, do you really know what being stressed out means?

It is commonly used in a “negative” sense, and when translated it usually means you are beyond **your** *comfort or tolerance level*—physically and/or psychologically.

Stress isn’t necessarily a bad thing. It’s a natural part of living. Life without any stress is impossible. When you’re working hard, tired, hungry, emotionally charged, or sick with the flu, your body secretes hormones in response to these stressors in order to reestablish your body’s stability. That’s the inside chemistry of stress. Your challenge is to try to maintain a comfortable amount of stress that you can manage.

### **Recognizing Stress**

“I don’t know...I start feeling anxious. My temper gets short. I feel hopeless...I know when I’m getting stressed out”, says Kathy Dyer of Bowie, Maryland, mother of three ranging in age from five months to 13 years old, and full-time policy analyst and attorney for the Federal government. Kathy is ahead of the game by the mere fact that she realizes when she has stress and can take measures to handle the situation.

Research has shown that African American women have higher levels of adrenaline in their systems as they are stressed and this can result in high blood pressure and even premature death.

“People are not as aware of the unique stresses that African American women have. In addition to the day-to-day stressors we may all encounter, for example, not having enough money or taking care of your children, African American women also have to deal with how they are viewed in this society as Black women. And that can take a toll on you,” says Dr. JudyAnn Bigby, Medical Director, Office for Women, Family and Community Programs, at Brigham & Women’s Hospital in Boston.

The first step in managing stress is to recognize that it exists. The big stressors are easy to identify—natural disasters, illness, death, births, marriage, moving, job changes. But daily life, the low-grade, day-to-day responsibilities—and yes, even things you enjoy doing that need your constant attention—are stressors and can eventually take its toll on your health. Debra Churos of

# SAMPLE MONTHLY ARTICLES –

## African American Women

---

Alexandria, Virginia, mother of an eight-year-old daughter and part-time office worker, identified some of the following symptoms when she is stressed.

- anxiety
- short temper
- eating – anything and everything
- feeling hopeless
- crying
- irritability
- headaches
- breathing heavier, heart pounding
- more emotional/stressed around menstrual cycle

According to the American Medical Women’s Association, Debra’s symptoms are common. Whether you have these symptoms or not, you can be pretty sure that stress has some role and effect on your life and health, and it can play havoc with your weight-control efforts.

### Strategies to deal with it

Stress happens. And when it does, you will react to it. The most common reaction is to eat. Actually, it’s not a bad idea to eat when feeling stressed. But what you will probably do is to eat something that makes you feel good. You know what those feel-good-foods are: ice cream, potato chips, macaroni and cheese, peach cobbler. This is especially true if you grew up using food as a stress releaser. Instead of reaching for the ice cream, Dr. Bigby recommends coming up with alternatives to release stress.

### Try the following

Try healthy comfort-food alternatives: Low-fat proteins (yogurt, turkey), vegetables, and fruit. If you have a refrigerator at the office, keep some of these at the office for when you get hungry. If that’s not an option, have some fruit or cut-up raw vegetables in a plastic bag in your purse or at your desk.

Don’t sweat the small stuff: Manage your time better. Make a list of what needs to be done and prioritize them. As Debra says, “I ask myself what’s the most important thing to accomplish and what can wait.”

Find time to relax and unwind: Go to a place just for yourself (bathroom, the park, a special place in your home). Find 10-20 minutes each day to relax and to just give your mind a break.

Pray, meditate, yoga: It works for many people.

Exercise: Walk, endorphins, feel good...dance, endorphins, feel good...

Establish a support system: Join a woman’s group of any kind where you will get support and a chance to relate to others.

Reduce environmental stressors: Dislike your job? Find another one. Noisy neighbors getting on your nerves? Move. Sometimes we can’t control our environment, but when we can, it can make all the difference.

Ask for help when you need it: Ask and you shall receive.

As you pick your path to a more stress-manageable and healthy life, keep in mind, you may be as Chaka Khan and Whitney Houston profess--“Every Woman”, but, every woman still needs a break.



# SAMPLE MONTHLY ARTICLES – African American Women

---

For more information on stress management, weight loss, and information on health-related topics contact the:

- National Women’s Health Information Center, Office of Women’s Health, U.S. Department of Health and Human Resources, [www.4woman.gov](http://www.4woman.gov), 1-800-994-WOMAN
- National Institute of Mental Health, [www.nimh.nih.gov](http://www.nimh.nih.gov), 301-443-4513
- American Institute on Stress, [www.stress.org](http://www.stress.org), 914-963-1200
- American Medical Women’s Association, [www.amwa-doc.org](http://www.amwa-doc.org), 703-838-0500
- Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, [www.cdc.gov](http://www.cdc.gov), 1-888-232-4674.

*Pick Your Path to Health is a national public health campaign sponsored by the Office on Women’s Health within the U.S. Dept. of Health and Human Services. For more information about the campaign or to request weekly health tips by e-mail, call 1-800-994-WOMAN or TDD at 1-888-220-5446 or visit the National Women’s Health Information Center at <http://www.4woman.gov>.*

# SAMPLE MONTHLY ARTICLE - Latinas

---

## *Pathways to Better Health: A Feature of the Pick Your Path to Health Campaign* **Celebrate Your Spirituality**

It's a New Year, and you've already started making promises to yourself. You know, the ones about the new exercise plan, healthy eating, spending more time with the family, and so on.

But if you're not careful, your promises will fall victim to your busy schedule faster than you can say, "I am a priority!"

Are you really a priority? Or, do your needs come at the end of a long to do list: parenting, work, housework, etc.?

Most Latinas take care of everybody in the family before doing something for themselves. For women, who are some of the busiest people on earth, finding and celebrating your spirituality within everyday activities may be the single most generous thing you do for yourself this year.

### **What Is Spirituality?**

Spirituality has many definitions, some of which are:

- A belief in something greater than oneself
- A sense of connection with all living things
- An awareness of the meaning of life
- The development of values

Spirituality is also closely associated with religion, but spirituality does exist outside of religion as well.

So the most important definition is *yours* to create!

"Getting together with other women is a start," says Robin Liten-Tejada of Arlington, Virginia, who participates in women's retreats and many other activities that help her find the spirituality within her.

Liten-Tejada explains that she's always been interested in spiritual things. She finds spirituality in nature in activities such as bird watching and other activities such as women's retreats.

At one retreat, she says one of the activities included drumming. When she returned home, she looked for drum circles in her neighborhood and she says that it led her to make connections with other people.

So whether you find your spiritual strength from simple, enjoyable activities such as drumming or commune with other women, creating your own spirituality is possible in

# **SAMPLE MONTHLY ARTICLE - Latinas**

---

simple, easy to do steps. But you must make the time for yourself today. Liten-Tejada says she has noticed that most of the women in her retreats are in their fifties and that many women seem to wait until their children have left home to begin to do something for themselves.

You take care of everyone, but who takes care of you in your twenties, thirties, and forties?

“We possess so much power we don’t even realize we have and we don’t access,” Liten-Tejada says of women.

## **How Do You Go to the Grocery Store?**

To begin to create your own definition of spirituality, observe how you approach ordinary events, such as grocery shopping. Is it a chore, a stressful outing left to the last minute?

If you could make the time, how would you like to approach ordinary activities? Can you associate buying food with nourishment for the body? Or, can you find and enjoy the beauty in the multitude of colors and textures of the fruits and vegetables at the market?

Look back at your own family traditions with food. Do you recall the care and love given by your mother or grandmother to every meal they prepared? What did they know that we have now forgotten?

Did your ancestors find a strong connection between the food they prepared and the earth? Look back at other activities your ancestors did—explore the spiritual value of each and borrow liberally from such a rich cultural heritage.

Whatever form your spirituality may take, the beauty of the process of creating your own spiritual connections is that you define them.

Whether it is related to food, or to finding the joy of playing in the park with your kids, or sharing a quiet evening with a loved one at home, or rejoicing with a friend, or finding joy in the fresh start of a new year, celebrating your spirituality is possible.

## **How to Begin**

Each person approaches spirituality differently. Some prefer private prayer, while others prefer attending church services, and yet others may find spirituality in physical exercise, reading, or community service.

Begin by considering your spirituality as part of your every activity and not a chore you have to do.

Your own path may include how you react to everyday situations, how you communicate with your family and friends, and how well you take care of yourself.

## SAMPLE MONTHLY ARTICLE - Latinas

---

“It makes me feel so strong. This is who I am inside,” says Liten-Tejada of how the activities she participates in make her feel.

Don’t wait until your fifties—start on your path to spirituality today!

*Pick Your Path to Health is a national public health campaign sponsored by the Office on Women’s Health within the U.S. Dept. of Health and Human Services. For more information about the campaign or to request weekly health tips by e-mail, call 1-800-994-WOMAN or TDD at 1-888-220-5446 or visit the National Women’s Health Information Center at <http://www.4woman.gov>.*

# Monthly Article Request Form

---

## ***PICK YOUR PATH TO HEALTH* MONTHLY ARTICLES**

*Pick Your Path to Health* is a national, community-based education campaign from the Department of Health and Human Services' Office on Women's Health. It strives to encourage health awareness among all women, focusing on health issues as they relate to Latinas, African American, Asian and Pacific Islander, American Indian and Alaska Native women, women with disabilities, and women who live in rural areas. One component of this campaign is to provide practical, easy-to-implement steps to improve their health and well being through articles targeted to women with multiple demands on their time and energy. If you would like to have a copy of the monthly articles emailed directly to you, please complete the form below.

**Name:** \_\_\_\_\_

**Organization:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Phone:** (        ) \_\_\_\_\_ **Email address:** \_\_\_\_\_

<b>PYPATH Article by Population</b>	<b>Yes, I'd like email copies for this population (check all that apply)</b>
<b>African American</b>	
<b>Asian and Pacific Islander</b>	
<b>American Indian/Alaska Native</b>	
<b>Latinas</b>	

**Mail or fax to: Matthews Media Group, 6101 Executive Blvd., Suite 300, Rockville, MD 20852, (301) 984-7196; attn: Debra Al-Salam**

# Coaches Kit: Materials Order Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Number of program participants: \_\_\_\_\_ Date: \_\_\_\_\_

Pick Your Path to Health Materials	Quantity		Date Needed
Poster (18" x 36")			
Pocket Planner – African American			
Pocket Planner – Asian and Pacific Islander			
Pocket Planner – American Indian/Alaska Native			
Pocket Planner – Latinas			
Pocket Planner – Women Living in Rural Areas			
Large Planner – Women with Disabilities			
Postcards: African American Asian & Pacific Islander American Indian & Alaska Native Latinas			
Listserv Cards – available in English and Spanish	English	Spanish	
Newsletter (quarterly publication) (one subscription per organization)			
PYPH/Leading Women Letterhead (available in color and black and white version for copying)	Color	B/W	
Promotional Items: Sports water bottles Sun visors Tote bags			
Certificates of Completion			

Please mail or fax this form to:

**Pick Your Path to Health**  
**Attn: Debra Al-Salam**  
**6101 Executive Boulevard, Suite 300, Rockville, MD 20852**  
**301-348-1641 (phone)**  
**301-984-7196 (Fax)**

## V. Resources

---

This section has additional health-related information and a listing of health programs and organizations to support your program. You can incorporate the information in your workshop presentations or use them as handouts.

### **Evaluating Medical Resources on the Internet**

This useful FAQ sheet provides Internet users with tips on assessing the accuracy and reliability of on-line health information.

### **Information on *Women's Health USA 2002***

*Women's Health USA 2002* is a report on the health status of American women and major trends impacting their wellness. This page provides an overview of the report and ordering information.

### **Information on *Healthy People in Healthy Communities***

*Healthy People in Healthy Communities, A Community Planning Guide Using Healthy People 2010* is a publication from the Office of Disease Prevention and Health Promotion that provides information about the steps involved in forming and running a healthy community coalition. This page provides a brief overview and information on how to download it from the Internet.

### **Annotated Health Resources List**

The Annotated Health Resources list contains telephone and Web information for a variety of government-sponsored health programs and organizations that provide educational information and materials to the public. Many of the resources offer information in both Spanish and English and have documents posted online that are available to download for free.

# Information on Women's Health USA 2002

---

## The U.S. Department of Health and Human Services Issues New Statistical Look at Women's Health

*Women's Health USA 2002* is a new report that gives statistical information on the health status of America's women and shows the disproportionate impact that certain health conditions such as osteoporosis, asthma, diabetes and lupus have on women.

"For the first time, we're giving people a single place to go to get a comprehensive look at the health status of women across the nation," HHS Secretary Tommy G. Thompson said. "It reflects our ongoing commitment not only to identifying trends in women's health but also to taking the right steps to improve their health in the future."

Compiled by HHS' Health Resources and Services Administration (HRSA), the new report highlights current and historical data on some of the most pressing health challenges facing women and their families. Data are provided on health and health-related indicators in three categories: population characteristics, health status and health services utilization. It includes data showing that most U.S. women 40 years of age and older in 1998 had received a mammogram in the previous two years and a Pap smear in the previous three years. Black non-Hispanic women (83 percent) were most likely to have reported receiving a Pap smear during that three-year period.

Other highlights from the report are:

- Women's life expectancy reached a new record in 2000 -- 79.5 years. While black females had the greatest life-expectancy gain (12.3 years) between 1950 and 2000, there was still a five-year difference in life expectancy between white (80 years) and black (75 years) females.
- More U.S. women than ever before are getting prenatal care in their first trimester of pregnancy. In 2000, 83 percent received early prenatal care, up from 75 percent in 1989.
- Nearly 87 percent of women had health insurance coverage in 2000. About a quarter of women between 18 and 24 were without insurance in 2000.
- In 2000, 10,459 AIDS cases were diagnosed in females 13 and older; 38 percent were exposed through heterosexual contact. Almost half of U.S. women under 45 have been tested for HIV.

## TO GET COPIES:

(75 page report)

- View and/or download and print copy from website: <http://mchb.hrsa.gov/data/women.htm>.
- Order free hard copies: call the HRSA Information Center (1-888-ASK-HRSA or visit the center's Web site at <http://www.ask.hrsa.gov> ).



# Information on Healthy People in Healthy Communities

---

The Office of Disease Prevention and Health Promotion, Office of Public Health and Science, Department of Health and Human Services has a planning guide that provides doable steps to forming a community coalition based on Healthy People 2010 goals.

Healthy People 2010 was developed by citizens from throughout the Nation, in a multiyear process that was coordinated by the U. S. Department of Health and Human Services (HHS). For two decades, HHS has used Healthy People objectives to improve the health of the American people. Healthy People 2010 is designed to achieve two overarching goals: (1) to increase the quality and years of healthy life and (2) to eliminate health disparities. (A health disparity is a gap in the health status of different groups of people, in which one group is healthier than the other group or groups.) These two goals are supported by 467 objectives in 28 focus areas. Healthy People 2010 also identifies a smaller set of health priorities that reflect 10 major public health concerns in the United States. These 10 topics highlight individual behaviors, physical and social environmental factors, and important health system issues that greatly affect the health of individuals and communities. Examined together, they constitute a set of "Leading Health Indicators" that provides a snapshot of the health of the Nation and serves to provide guidance and focus for the public, media, and elected officials.

*Healthy People in Healthy Communities* is a guide that takes the Healthy People 2010 goals and breaks it down into steps that can be implemented in any community. It covers: strategies for creating a healthy community, how to assess community needs and put together an action plan, as well as how to get support for others in the community by partnering with local professionals and organizations

This publication can be obtained in several ways:

#### Order Online

- <http://bookstore.gpo.gov>

#### Order by Phone

- Call (202) 512-1800

#### By Fax:

- Fax order forms taken from Web site to (202) 512-2250

#### By Mail

- Mail order forms to  
Superintendent of Documents  
PO Box 371954  
Pittsburgh, PA 15250-7954

It can also be downloaded from the Internet at the Web site link below:

<http://www.health.gov/healthypeople/Publications/HealthyCommunities2001/toc.htm>

# Evaluating Medical Resources on the Internet

---

The number of Web sites offering health-related resources grows every day. Many sites provide valuable information, while others may have information that is unreliable or misleading. Even if the information is reliable, it is extremely important to note that personal medical decisions should never be made on the basis of what is found on a Web site. You should always check with your health care provider about your health needs and treatment options before attempting any changes relating to your health. If you find information on the Internet you can always go over it with your health care provider so that they can provide more information and evaluate its usefulness for your specific health care needs.

This section contains important questions you should consider as you look for health information on the Internet. Answering these questions when you visit a new Web site will help you evaluate the information you find.

## **Who runs this site?**

Any good health-related Web site should make it easy for you to learn who is responsible for the site and its information. The sponsor's name should be clearly visible on every major page of the site along with a link to the sponsor's homepage.

## **Who pays for the site?**

It costs money to run a Web site. The source of a Web site's funding should be clearly stated or readily apparent. For example, Web addresses ending in ".gov" denote a Federal Government-sponsored site. You should know how the site pays for its existence. Does it sell advertising? Is it sponsored by a drug company? The source of funding can affect what content is presented, how the content is presented, and what the site owners want to accomplish.

## **What is the purpose of the site?**

This question is related to who runs and pays for the site. An "About This Site" link appears on many sites. If it's there, use it. The purpose of the site should be clearly stated and should help you evaluate the trustworthiness of the information

## **Where does the information come from?**

Many health/medical sites post information collected from other Web sites or sources. If the person or organization in charge of the site did not create the information, the original source should be clearly labeled.

## **What is the basis of the information?**

In addition to identifying who wrote the material you are reading, the site should describe the evidence that the material is based on. Medical facts and figures should have references (such as to articles in medical journals). Also, opinions or advice should be clearly set apart from information that is "evidence-based" (that is, information based on research results).

# Evaluating Medical Resources on the Internet

---

## How is the information selected?

Is there an editorial board? Do people with excellent professional and scientific qualifications review the material before it is posted?

## How current is the information?

Web sites should be reviewed and updated on a regular basis. It is particularly important that medical information be current. The most recent update or review date should be clearly posted. Even if the information has not changed, you want to know whether the site owners have reviewed it recently to ensure that it is still valid.

## How does the site choose links to other sites?

Web sites usually have a policy about how they establish links to other sites. Some medical sites take a conservative approach and don't link to any other sites. Some link to any site that asks, or pays, for a link. Others only link to sites that have met certain criteria.

## What information about you does the site collect, and why?

Web sites routinely track the paths visitors take through their sites to determine what pages are being used. However, many health Web sites ask for you to "subscribe" or "become a member." In some cases, this may be so that they can collect a user fee or select information for you that is relevant to your concerns. In all cases, this will give the site personal information about you.

Any credible health site asking for this kind of information should tell you exactly what they will and will not do with it. Many commercial sites sell "aggregate" (collected) data about their users to other companies—information such as what percentage of their users are women with breast cancer, for example. In some cases they may collect and reuse information that is "personally identifiable," such as your ZIP code, gender, and birth date. Be certain that you read and understand any privacy policy or similar language on the site, and don't sign up for anything that you are not sure you fully understand.

## How does the site manage interactions with visitors?

There should always be a way for you to contact the site owner if you run across problems or have questions or feedback. If the site hosts chat rooms or other online discussion areas, it should tell visitors what the terms of using this service are. Is it moderated? If so, by whom, and why? It is always a good idea to spend time reading the discussion without joining in, so that you feel comfortable with the environment before becoming a participant.

## How to navigate large Web sites?

Some Web sites are quite large and offer information for several groups of people. For example, some sites offer information for medical personnel as well as for general consumers. Look for keywords to identify the consumer's portion of the site, such as women's health, health information, free consumer publications. Looking at the index or site map may help save time navigating large sites. If you have trouble finding the information you are looking for on a particular site, look for a telephone number on the home page and call for help.

# Annotated Health Resources List

---

Following is a list of resources for health information and materials on a variety of topics related to *Pick Your Path to Health* themes. The list is intended for reference only; inclusion does not indicate endorsement of sites or contents therein.

## GENERAL INFORMATION

### Consumer Information Center (CIC)

Phone: 719-948-4000

Web: [www.pueblo.gsa.gov](http://www.pueblo.gsa.gov)

The quarterly CIC Catalog lists helpful federal publications on a variety of topics, including nutrition, health, and exercise, that are available for free or a nominal fee.

### Healthfinder

Phone: 1-800-336-4797

Web: [www.healthfinder.gov](http://www.healthfinder.gov)

Features a health library reference section, special topics organized by age, ethnicity and gender, healthcare information, and a directory of other reliable Web health-related resources.

### National Women's Health Information Center (NWHIC)

Phone: 1-800-994-9662

TDD: 1-888-220-5446

Web: [www.4woman.gov](http://www.4woman.gov)

Contains a comprehensive, searchable health information database and links to a broad range of diverse women's health topics (healthy pregnancy, disabilities, screening & immunization) and education campaigns, including the *Pick Your Path to Health* site.

### WebMD

Web: [www.Webmd.com](http://www.Webmd.com)

Offers a broad spectrum of medical, health & wellness, consumer information, with links to related Web resources.

## ALCOHOL & DRUG ABUSE

### Al-Anon Family Group Headquarters, Inc.

Phone: 1-888-425-2666

Web: [www.al-anon.alateen.org](http://www.al-anon.alateen.org)

Offers information and local support group referrals for significant others in an alcoholic person's life, including spouses (Al-Anon) and children (Alateen).

### Alcoholics Anonymous (AA) World Services, Inc.

Phone: 212-870-3400

Web: [www.aa.org](http://www.aa.org)

Provides information and local support group referrals for people seeking help with alcohol abuse. Local AA chapters may also be listed in your community telephone directory.

# Annotated Health Resources List

---

## **Narcotics Anonymous (NA) World Services, Inc.**

Phone: 818-773-9999

Web: [www.na.org](http://www.na.org)

Offers information and local support group referrals for people seeking help with narcotics abuse. Local NA chapters may also be listed in your community telephone directory.

## **National Black Alcoholism Council (NBAC)**

Phone: 202-296-2696

Provides information and referrals for individuals and families dealing with alcohol abuse.

## **National Clearinghouse for Alcohol and Drug Information (NCADI)**

Phone: 1-800-729-6686

Spanish: 1-877-767-8432

TTY/TDD: 1-800-487-4889

Web: [www.health.org](http://www.health.org)

Disseminates publications and materials related to drug and alcohol use and operates a resource library that is open to the public.

## **National Council on Alcoholism and Drug Dependence, Inc. (NCADD)**

Phone: 1-800-NCA-CALL (HOPE LINE)

Web: [www.ncadd.org](http://www.ncadd.org)

Offers information and educational materials on alcoholism. Contact the HOPE LINE for phone numbers of local affiliates for treatment resources in your community.

## **National Institute on Alcohol Abuse and Alcoholism (NIAAA)**

Phone: 301-443-3860

Web: [www.niaaa.nih.gov](http://www.niaaa.nih.gov)

Offers information and educational materials on various aspects of alcoholism (underage drinking, consumption during pregnancy) and help for reducing use. Some materials are available in Spanish.

## **National Institute on Drug Abuse (NIDA)**

Phone: 301-443-1124

Web: [www.nida.nih.gov](http://www.nida.nih.gov)

Contains research and educational materials related to drugs and their effect on the brain, a glossary of commonly-used substances and their street names, and links to other drug-related Web resources.

## **DISABILITY RESOURCES**

### **ADA Information Center for the Mid-Atlantic Region**

Phone: 1-800-949-4232

Web: [www.adainfo.org](http://www.adainfo.org)

Provides training, information, and technical assistance on the Americans with Disabilities Act (ADA) to businesses, consumers, and both state and local governments within the Mid-Atlantic Region (DC, DE, MD, PA, VA, WV).

# Annotated Health Resources List

---

## **Breast Health Access for Women with Disabilities**

Phone: 510-204-4866

TDD: 510-204-4574

Web: [www.bhawd.org](http://www.bhawd.org)

Features information on an adaptive breast self examination and links to other health-related Web sites designed for women with disabilities.

## **Center for Resources on Women with Disabilities (CROWD)**

Phone: 1-800-44-CROWD

TDD: 713-960-0505

Web: [www.bcm.tmc.edu/crowd/index.htm](http://www.bcm.tmc.edu/crowd/index.htm)

Offers information, educational materials, links that focus on issues related to health, aging, civil rights, abuse, and independent living for women with disabilities.

## **National Center on Birth Defects and Developmental Disabilities**

Phone: 770-488-7150

Web: [www.cdc.gov/ncbddd](http://www.cdc.gov/ncbddd)

Contains fact sheets, journal article summaries, hot topics FAQ pages, and publications on the prevention, screening, and treatment of birth defects and developmental disabilities.

## **National Council on Disability (NCD)**

Phone: 202.272.2004

TTY: 202.272.2074

Web: [www.ncd.gov](http://www.ncd.gov)

Offers information on disability-related civil rights, technical assistance, parent support organizations, and Social Security benefits, and an archive of press releases on relevant topics.

## **National Information Center for Children and Youth with Disabilities (NICHCY)**

Phone/TTY: 1-800-695-0285

Web: [www.nichcy.org](http://www.nichcy.org)

Provides technical assistance, referrals and information on disabilities and disability-related issues, specifically topics of relevance for children and youth. Information regarding support for parents is also available. Bilingual (English/Spanish) staff are available to assist callers.

## **Social Security Administration (SSA)**

Phone: 1-800-772-1213

TTY: 1-800-325-0778

Web: [www.ssa.gov](http://www.ssa.gov)

Provides information on various disability benefits available through Social Security.

# Annotated Health Resources List

---

## DISEASE PREVENTION

### **CDC National Immunization Program**

Phone: 1-800-232-2522

Spanish: 1-800-232-0233

TTY: 1-800-243-7889

Web: [www.cdc.gov/nip/default.htm](http://www.cdc.gov/nip/default.htm)

Contains immunization charts for children and adults, educational materials on vaccine safety, an illustrated, quick reference disease chart, and general information on the importance of proper immunization. Select information is available in Spanish.

### **CDC National Prevention Information Network**

Phone: 1-800-458-5231

TTY: 1-800-243-7012

Web: [www.cdcnpin.gov](http://www.cdcnpin.gov)

Provides references, referrals, and information related to HIV/AIDS, sexually transmitted diseases (STDs) and tuberculosis (TB). All calls are confidential and bilingual (Spanish/English) staff are available to assist callers.

### **Food and Drug Administration (FDA) Office of Women's Health**

Web: [www.fda.gov/womens](http://www.fda.gov/womens)

Features materials from the FDA's *Take Time to Care* campaign for the effective management of diabetes and information about pregnancy registries to track the impact of medications taken during pregnancy.

### **National Cancer Institute (NCI) Information Service**

Phone: 1-800-4-CANCER (422-6237)

TTY: (800) 332-8615

Web: [www.cancernet.nci.nih.gov](http://www.cancernet.nci.nih.gov)

Provides information and free publications about cancer and related resources to the public. Spanish-speaking staff members are available to assist callers.

### **National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP)**

Phone: 770-488-5080

Web: [www.cdc.gov/nccdphp/nccdhome.htm](http://www.cdc.gov/nccdphp/nccdhome.htm)

Features chronic disease prevention and promotion information, materials, and referrals to the public. Resources include bibliographic databases focusing on health promotion program information for topics including cancer prevention and prenatal smoking cessation.

### **National Diabetes Information Clearinghouse**

Phone: 1-800-860-8747

Web: [www.niddk.nih.gov/health/diabetes/diabetes.htm](http://www.niddk.nih.gov/health/diabetes/diabetes.htm)

Provides referrals, patient education materials, and other publications related to diabetes, and responds to telephone and e-mail inquiries.

### **National Digestive Diseases Information Clearinghouse**

Phone: 1-800-891-8389

Web: [www.niddk.nih.gov](http://www.niddk.nih.gov)

Offers referrals, patient education materials, and other publications related to digestive diseases, and responds to telephone and e-mail inquiries.

# Annotated Health Resources List

---

## **National Heart, Lung, and Blood Institute Information Center**

Phone: 1-800-575-WELL (9355)

Web: [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

Presents information and educational materials on cardiovascular health and disease prevention.

## **National Institute of Allergy and Infectious Diseases (NIAID)**

Phone: 301-496.5717

Web: [www.niaid.nih.gov](http://www.niaid.nih.gov)

Provides referrals and comprehensive health information on allergies, asthma, and a broad spectrum of infectious diseases, including hepatitis, HIV/AIDS, Lyme disease, sexually transmitted diseases (STDs), and tuberculosis. Materials may be downloaded or ordered on-line or via mail.

## **NIH Osteoporosis and Related Bone Diseases National Resource Center**

Phone: 1-800-624-BONE (2663)

TTY: 202-466-4315

Web: [www.osteoporosis.org](http://www.osteoporosis.org)

Offers resources and information to the public on osteoporosis and other metabolic bone diseases. Information is targeted to at-risk populations: the elderly, men, women, and adolescents.

## **FAMILY ASSISTANCE**

### **National Clearinghouse on Families & Youth**

Childcare: 1-800-424-2246

Web: [www.ncfy.gov](http://www.ncfy.gov)

Contains an event calendar and links to resources for services and information on issues of interest to youth and families.

### **Childhelp USA**

National Child Abuse Hotline: 1-800-4-A-CHILD (422-4453)

National Child Abuse Hotline (TTY): 1-800-2-A-CHILD (222-4453)

Web: [www.childhelpusa.org](http://www.childhelpusa.org)

Contains resources dedicated to the child abuse prevention and intervention, including a fact sheet, guidelines and state reporting contacts, and links to local support services.

### **Eldercare Locator**

Phone: 1-800-677-1116

Web: [www.eldercare.gov](http://www.eldercare.gov)

Provides referrals to local resources for seniors, and links for caregivers on accessing support and health information.

### **National Center for Missing and Exploited Children**

Phone: 1-800-THE-LOST (843-5678)

Web: [www.ncmec.org](http://www.ncmec.org)

Features educational resources and child safety publications that are available to download in both English and Spanish, photographs of missing children, and a telephone and online hotlines for reporting or providing assistance with a missing child search



# Annotated Health Resources List

---

## HEALTH CARE ACCESS

### Bureau of Primary Health Care

Phone: 301-594-4490

Web: [www.bphc.hrsa.gov](http://www.bphc.hrsa.gov)

Contains a searchable database of county-level community health indicators and a community health care service locator.

### CDC's Division of Cancer Prevention and Control

Phone: 1-888-842-6355

Web: [www.cdc.gov/cancer](http://www.cdc.gov/cancer)

Provides general information, materials, and news on the prevention and control of a variety of cancers, and features links to specific campaigns, such as *Screen for Life: National Colorectal Cancer Action Campaign* and *National Breast and Cervical Cancer Early Detection Program*.

### Centers for Medicare and Medicaid Services

Phone: 1-877-267-2323

TTY: 310-786-0727

Web: [www.cms.gov](http://www.cms.gov)

Contains consumer information on Medicaid, Medicare, and SCHIP eligibility criteria, benefits, and state contacts.

### DHHS' Insure Kids Now

Phone: 1-877-543-7669

Web: [www.insurekidsnow.gov](http://www.insurekidsnow.gov)

Provides state-specific information on SCHIP eligibility criteria, benefits, and contacts.

### Food and Drug Administration (FDA)

Web: [www.fda.gov/cdrh/mammography](http://www.fda.gov/cdrh/mammography)

Features educational materials and a database of certified mammography providers searchable by zip code. Publications include a brochure *Mammography Today: Questions and Answers for Patients on Being Informed Consumers* that is formatted for download.

### National Cancer Institute (NCI) Information Service

Phone: 1-800-4-CANCER (422-6237)

TTY: (800) 332-8615

Web: [www.cancernet.nci.nih.gov](http://www.cancernet.nci.nih.gov)

Provides information and free publications about cancer and related resources to the public. Spanish-speaking staff members are available to assist callers.

### National Center for Complementary and Alternative Medicine (NCCAM) Information Clearinghouse

Phone: 1-888-644-6226

TTY: 1-866-464-3615

Web: [www.nccam.nih.gov](http://www.nccam.nih.gov)

Offers fact sheets and publications on various topics in complementary and alternative medicine. Bilingual (Spanish/English) staff are available to assist callers. Fact sheets and other information may be sent via fax.

# Annotated Health Resources List

---

## **Social Security Administration (SSA)**

Phone: 1-800-772-1213

TTY: 1-800-325-0778

Web: [www.ssa.gov](http://www.ssa.gov)

Features information about and online registration for retirement, disability, and spouses' benefits. Materials are available in English and 16 other languages.

## **MENTAL HEALTH**

### **National Mental Health Information Center-Knowledge Exchange Network**

Phone: 1-800-789-2647

TDD: 1-866-889-2647

Web: [www.mentalhealth.org](http://www.mentalhealth.org)

Contains a database of fact sheets, educational materials, and links to other resources, searchable by topic. State resource guides listing local mental health services and advocacy organizations are available for download.

### **National Institute of Mental Health (NIMH)**

Phone: 301-443-4513

Web: [www.nimh.nih.gov](http://www.nimh.nih.gov)

Contains fact sheets, summaries, brochures educational materials under the "Public" tab for general use. Publications are available to order by phone.

## **MINORITY HEALTH**

### **Indian Health Service (IHS)**

Phone: 301-443-3593

Web: [www.ihs.gov](http://www.ihs.gov)

The Indian Health Service provides a comprehensive health services delivery system for American Indians and Alaska Natives with opportunity for maximum tribal involvement in developing and managing programs to meet their health needs. The Web site details all the programs and initiatives under this office and resources for the American Indian and Alaska Native population.

### **National Alliance for Hispanic Health**

Phone: 866-SU-FAMILIA (helpline)

Web: [www.hispanichealth.org](http://www.hispanichealth.org)

The National Alliance for Hispanic Health is the oldest and largest network of health and human service providers servicing over 10 million Hispanic consumers throughout the U.S. Since 1973 we have grown from a small coalition of visionary mental health providers to a large, dynamic, and strong group of organizations and individuals. This Web site highlights a variety of publications for both consumers and health care providers, as well as provide links to other health related Web sites. It also highlights three helplines it runs for hispanic families.

# Annotated Health Resources List

---

## **Office of Minority Health**

Phone: 1-800-444-6472

TDD: 301-230-7199

Web: [www.omhrc.gov](http://www.omhrc.gov)

Contains information on a broad range of minority health issues; responds to information requests from the public and provides referrals to local technical assistance resources. English and Spanish-speaking staff are available to assist callers.

## **NUTRITION, WEIGHT CONTROL & PHYSICAL ACTIVITY**

### **American Dietetic Association**

Phone: 1-800-877-1600

Web: [www.eatright.org](http://www.eatright.org)

Features information to promote healthful eating habits. The Healthy Lifestyle section contains an archive of Daily Nutrition and Healthy Lifestyle tips, Nutrition Fact sheets, and other useful materials.

### **Center for Nutrition Policy and Promotion**

Phone: 703-305-7600

Web: [www.usda.gov/cnpp](http://www.usda.gov/cnpp)

Provides information on dietary guidelines, the Food Pyramid, recipes and tips for thrifty and healthy meals.

### **National Heart, Lung, and Blood Institute Information Center**

Phone: 1-800-575-WELL (9355)

Web: [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

Presents information and educational materials on cardiovascular health and disease prevention.

### **National Institute of Diabetes and Digestive and Kidney Diseases - Weight-Control Information Network (WIN)**

Phone: 1-877-946-4627

Web: [www.niddk.nih.gov/health/nutrit/nutrit.htm](http://www.niddk.nih.gov/health/nutrit/nutrit.htm)

Contains information on nutrition, weight control, and obesity. The site also contains materials pertaining to the *Sisters Together: Move More, Eat Better* campaign which was designed to encourage Black women to maintain a healthy weight through physical activity and nutrition.

### **The President's Council on Physical Fitness and Sports**

Phone: 202-690-9000

Web: [www.fitness.gov](http://www.fitness.gov)

Offers exercise and physical fitness educational materials, and provides technical assistance with program design and implementation.

### **USDA's Food and Nutrition Information Center**

Phone: 301-504-5719

TTY: 301-504-6856

Web: [www.nal.usda.gov/fnic](http://www.nal.usda.gov/fnic)

Offers information on food and nutrition, as well as links to resource lists, databases, and other related Web sites.

# Annotated Health Resources List

---

## RESPONSIBLE SEXUAL BEHAVIOR

### American College of Obstetricians and Gynecologists

Phone: 1-800-762-2264

Web: [www.acog.com](http://www.acog.com)

Contains a searchable database of patient education materials on a range of women's health issues that may be ordered by phone or online.

### March of Dimes

Phone: 1-888-MODIMES

Web: [www.modimes.org](http://www.modimes.org)

Spanish: [www.nacersano.org](http://www.nacersano.org)

Offers a pre-pregnancy checklist to help women assess their readiness for motherhood, suggestions for talking with your partner, tips for a healthy pregnancy, nutritional information, and *Mama* magazine (in both a English and Spanish language version). The Spanish language Web site and magazine is intended to focus on the specific needs of Latinas.

### CDC's National Center for HIV, STD and TB Prevention

STD Hotline: 1-800-227-8922

HIV/AIDS Hotline: 1-800-342-AIDS (2437)

HIV/AIDS Spanish: 1-800-344-7432

HIV/AIDS TTY: 1-800-243-7889

Web: [www.cdc.gov/nchstp/od/nchstp.htm](http://www.cdc.gov/nchstp/od/nchstp.htm)

Provides sexual health information, referrals to local reproductive health services, and links to educational sites. The 24-hour hotline is available to answer questions on testing, treatment, and prevention.

### National Institute of Allergy and Infectious Diseases (NIAID)

Phone: 301-496.5717

Web: [www.niaid.nih.gov](http://www.niaid.nih.gov)

Provides referrals and comprehensive health information on a broad spectrum of infectious diseases, including HIV/AIDS and sexually transmitted diseases (STDs). Materials may be downloaded or ordered on-line or via mail.

### National Institute of Child Health and Human Development

Phone: 1-800-370-2943

Web: [www.nichd.nih.gov](http://www.nichd.nih.gov)

Contains a searchable database of publications on subjects, ranging from acute perinatal asphyxia to women's health, available to download or order.

### National Maternal and Child Health Clearinghouse

Phone: 1-800-434-4MCH

Web: [www.nmchc.org](http://www.nmchc.org)

Provides educational materials and technical assistance on subjects including pregnancy, infant, child, and adolescent health, and nutrition.

# Annotated Health Resources List

---

## RURAL RESOURCES

### National Organization of State Offices of Rural Health (NOSORH)

Phone: 785-296-1200

Web: [www.ruralcenter.org/nosorh/default.htm](http://www.ruralcenter.org/nosorh/default.htm)

Contains contact information and some Web links to the Office of Rural Health for each state.

### HRSA's Office of Rural Health Policy (ORHP)

Phone: 301-443-0835

Web: [www.ruralhealth.hrsa.gov](http://www.ruralhealth.hrsa.gov)

Provides full-text documents on topics pertaining to rural health, including CHIP enrollment of low-income children, emergency preparedness, domestic violence, physician shortages, and rural health networks. Also offers links to other related sites.

### Rural Information Center Health Service (RICHS)

Phone: 1-800-633-7701

TDD: 301-504-6856

Web: [www.nal.usda.gov/ric/richs](http://www.nal.usda.gov/ric/richs)

Provides referrals, information, and publications on a range of rural health issues.

### Violence Against Women – Office of Rural Domestic Violence

Phone: 202-307-6026

Web: [www.ojp.usdoj.gov/vawo/about.htm](http://www.ojp.usdoj.gov/vawo/about.htm)

Features the *Toolkit to Prevent Violence Against Women*, which contains information and materials for community-based organizations and health providers, and links to online domestic violence resources and publications focusing on sexual assault.

## TOBACCO USE

### CDC's Office on Smoking and Health

Phone: 770-488-5705

Web: [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)

Posts the annual Surgeon General's Report on Smoking and Health, as well as health information related to tobacco use. Topics include smoking cessation, secondhand smoke, and potential impact of tobacco use during pregnancy.

### NWHIC-Breath of Fresh Air

Phone: 1-800-994-WOMAN (96626)

Web: [www.4woman.gov/QuitSmoking/index.cfm](http://www.4woman.gov/QuitSmoking/index.cfm)

Features the Surgeon General's Report, reasons and methods for initiating smoking cessation, and special sections targeting parents and teens. Information is also available in Spanish.

# Annotated Health Resources List

---

## VIOLENCE PREVENTION

### Childhelp USA

National Child Abuse Hotline: 1-800-4-A-CHILD (422-4453)

National Child Abuse Hotline (TTY): 1-800-2-A-CHILD (222-4453)

Web: [www.childhelpusa.org](http://www.childhelpusa.org)

Contains resources dedicated to the child abuse prevention and intervention, including a fact sheet, guidelines and state reporting contacts, and links to local support services.

### National Center for Victims of Crime

Phone: 1-800-FYI-CALL (394-2255)

Web: [www.ncvc.org](http://www.ncvc.org)

Features a wide range of resources, including information on policy, legislation, victim services, and online library; the site also includes a link to the Stalking Resource Center.

### National Domestic Violence Hotline

Phone: 1-800-799-SAFE (7233)

TDD: 1-800-787-3224

Web: [www.ndvh.org](http://www.ndvh.org)

Provides a national hotline number, local contact numbers, resource links, and information on domestic violence for teens, adults, victims, and abusers. This site also offers instructions to visitors on removing the Web address from their browser history to keep others from knowing they have visited the site.

### Violence Against Women Office – Office of Rural Domestic Violence

Phone: 202-307-6026

TTY: 202-307-2277

Web: [www.ojp.usdoj.gov/vawo/about.htm](http://www.ojp.usdoj.gov/vawo/about.htm)

Features the *Toolkit to Prevent Violence Against Women*, which contains information and materials for community-based organizations and health providers, and links to online domestic violence resources and publications focusing on sexual assault.